

Co-Curricular Record to showcase students' activities outside of classroom

BY KAYLA PERRY

The Center of Academic Excellence (CAE) has brought a new type of transcript to Laurentian: a co-curricular record.

The co-curricular record, or CCR, will serve as an official university document, showcasing students' activities "outside of the classroom" – things such as club involvement, volunteer work, and even sports activities.

"I think, 20 years after graduation, a lot of the things people will talk about will not be what they did in class, but instead what they did outside of class," said Charles Fink, the Manager of Student Engagement for the CAE. "That is, really, what enhances the education process... It's becoming the way of the future."

Students can access their record by logging on to LU Net, and clicking on 'academic excellence,' and then 'student engagement.'

Once students have accessed the CCR, they can search and select activities that they have participated in – from there, a request to validate the activity will be sent to an authority figure in that activity, whether that is a professor or club leader. All activities must be validated before they officially show up on the CCR; something Fink said will take about two to three days.

When students wish to use their CCR, they can log on to the universities intranet, access the document, and then select which activities they would like to showcase, depending on their use for the CCR.

"You can tailor the print out to the job that (the student) is applying for, or whatever else they may be using the record for," said Fink.



Photo by Zara Golafshani

Staff of the Centre for Academic Excellence pose for a picture at their desk, located in the J. N. Desmarais library at the Laurentian University campus.

The CCR is live on LU Net now, and has been in operation since September 2013, although Fink said the administration is still "hammering out some bugs in the software." Before it went live, staff worked on the CCR for over a year.

Given that the document only went live in 2013, Fink said that any activities students did before the beginning of the 2013-2014

school year will not be in the database.

"The biggest challenge for me is getting activities in this database, so students can say they did them," said Fink. "That's why we've added a function that asks if students have done something that isn't in the database –students can let us know, and we can make sure to get (the activity) registered in the

database."

Fink said that Laurentian is one of many Canadian schools that have a CCR, although Fink maintains that LU's software is built in-house by Laurentian staff, and is in his opinion "far superior to anything (he) has seen out there."

The CCR is bilingual, and although Fink said there are "still glitches" in the record,

it's "nothing the staff can't overcome."

"I invite all students to use (the CCR). It's great for moving forward into interviews and careers, but also as a personal record of what (students) did during (their) time at the university," said Fink.

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Does Laurentian University need to ‘modernize’ its campus?

BY LAMBDA STAFF

“Campus modernization” is a term spoken more and more often around the Laurentian University campus. Is the modernization a positive thing for Laurentian University and its students?

In 2012, Laurentian approved the budget, which allocated \$35 million towards campus modernization, which was later upgraded to \$44.6 million. With that, the university expects to see: classroom redesign, new collaborative spaces, one-stop student services, and the much-talked-about new welcoming center, which will transform the Parker building into a place with all-you-need-to-know information, with signage in French, English and Ojibway.

A part of the modernization budget has also been allocated to establishing state of the art research laboratories and graduate research spaces, as well as employing 88 per

cent more full-time faculty. It’s also gone towards the great hall “Marche” style renovations.

It’s no doubt that the modernization is necessary.

When students come to view Laurentian, anyone is able to clearly see the outdated buildings and old technology – including, of course, the disaster and mold that is the underground tunnel connecting the main buildings, and the occasional water stains on classroom ceilings.

It’s also no doubt that it’s about time for campus modernization. Many of the buildings on campus were built in the 1960s, and school officials have said that many buildings haven’t been updated since then – if you couldn’t already tell.

The lack of modern amenities must look bad to prospective students – and, if Laurentian is planning to attract top-notch students and increase enrollment from 7,200 to 8,300 by 2017, it will want to be seen

as a modern educational institution.

Laurentian wants to increase the average entry grade from 80.8 to 83 per cent - an entry grade that is on par with, and even higher than, many programs at University of Western Ontario and some at Queens University, both undoubtedly more prestigious than Laurentian currently is.

If I were a prospective student, I think it’s fair to state that I would more easily be seduced by prestigious schools with modern technology and great student hangout places for me to grow as a student and adult, than the current campus of Laurentian.

It’s no secret that Laurentian also wants to become Canada’s “go-to university” for mineral exploration and mining, and a world-wide established school for fresh water research through the Vale Living with Lakes Center.

Furthermore, Laurentian began the \$42.6 million school of

architecture, the first one to open in 40 years in Canada, in another attempt to set itself apart from other schools in Ontario, and even the world.

It seems that a modern campus would naturally fit into this hoped-for status.

So, the big question: is campus modernization a positive thing for Laurentian? I’d argue that it is. As students, we all know we pay enough to attend Laurentian – wouldn’t we love to see our money go to modernizing the campus and making our time here more enjoyable?

lambda@laurentian.ca



Lambda Staff and Information

Editor-in-Chief
Ron Guillet
ronguillet@gmail.com

Assistant Editor
Ed Veilleux
eddy_veilleux@hotmail.com

General Manager
V. A. Stranges
lambda@laurentian.ca

Financial Director
Charles Wilson

BOARD OF DIRECTORS
Ashley Thomson
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Janis Goldie

PRINTER
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CIRCULATION
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SCE 301 Student Centre
Laurentian University
935 Ramsey Lake Road
Sudbury, ON P3E 2C6
(705) 673-6548
lambda@laurentian.ca
www.thelambda.ca

New process to ‘harmonize’ orientation: Mercer

BY KAYLA PERRY

The orientation process at Laurentian has undergone transformation.

The new process, which will begin during summer 2014, will try and ensure that there is a combination of social and frosh events, as well as academic orientation.

“The conversations we’ve had have been about harmonizing what happens during frosh week, and talking about what can happen in advance so students have access (to services),” said Chris Mercer, executive director of Student life and Enrolment Management.

The new orientation process still allows for the usual associations’ frosh events, including the frosh play and concert, but will also allow for, as well as academic orientation: a calendar (which is still rough and has not yet been officially approved).

“We’ve had some complaints from

students over the last few years, where they weren’t feeling like they were getting everything they needed through the orientation process,” said Mercer. “I don’t know if we were doing as good as a job as we could, as a university, to make sure that things were clear at the right times.”

Mercer said he had heard from many students that, before they got to Laurentian, they were unsure how to work Webadvisor, who to call for questions about timetables, what courses are required, and various other issues. With the new process, there will be times set aside for students to ask these questions.

Last year, Mark Mancini, VP of student issues for the SGA, attended the NODAC 2013 conference in Huston, in order to gather information from other universities about how they conduct their orientation processes.

Mancini was accompanied by David Vares, President of the GSA, and said the conference was “helpful. (We) saw many universities where the student associations have a very strong presence, but also balance the academic side of orientation.”

Mancini and Vares then drafted a report to the orientation committee, recommending the committee keep the social aspect of orientation going.

In past years, the First Year Experience Office would coordinate a part of orientation: this office has been moved into part of the CAE.

Mercer said the change was planned in meetings with the student associations, and various school officials, over the period of six months.

The new orientation process does not allow for the “weekend orientation” that has happened in the past, where new students and a guest come to Laurentian

campus for a weekend, stay in residence, and tour the university. Mercer said there was “limited uptake” on this event which resulted in the cancellation, but have instead replaced the event with staffing every Saturday during summer on campus, to give tours and introduce services.

“I like the changes,” said Andy Rollins, president of the SGA. “It’s important that we set students off on the right foot, both academically and socially... The compromise we’ve come upon has all the social events, and centers all the academic things around that.”

lambda@laurentian.ca

Safe Walk a ‘necessary’ program for LU, according to its creators

BY KAYLA PERRY

On Feb. 1, a new program will begin on Laurentian campus: Safe Walk.

The program will allow for students on campus to be accompanied by volunteer walkers to their residences on Wednesday, Friday and Saturday nights.

The creators of the program, first year students Scott Uhlman and Jordan Pennington, believe that the program is “necessary” for the university.

“Laurentian is the only university that doesn’t have (a walk-home program) in Ontario, aside from the Royal Military College, so we thought it would

be a necessary service for students,” said Pennington, an outdoor adventure leadership student. “We’ve definitely seen through experience that many people may not be comfortable walking with security, or they’re too intoxicated to get to their residence alone.”

Safe Walk program will operate on Wednesdays from 5:00 pm to 12:00 am, and on Fridays and Saturdays from 5:00 pm to 3:00 am. Each walk-home will include a male and female student to escort students: there are currently 8 male and 6 female volunteer walkers.

“I think Laurentian is a safe place to walk, and security does

a good job,” said Pennington. “At the same time, we wanted to make a more student-involved service, to get the student body more connected.”

Volunteer walkers will wear a distinguishable uniform, and the program will run until the end of the 2013-2014 school year. Although the program will initially only run on popular pub nights, Uhlman said the pair hopes to extend hours next year.

“We found that students feel more comfortable walking with other students, rather than the authority of security,” said Uhlman, a co-creator of the program and sports psychology

student. He hopes that the program will be ready to run again when school reconvenes in September.

Charles Wilson, executive director of the SGA, said the program is a very good step in the right direction, although he believes the campus is a safe place.

“Laurentian is a very isolated campus. We have at least two security guards on campus at all times... On this campus, the threat is far more likely to come from a bear or a fox, or any of the wonderful creatures that we share this campus with, than a person attacking a person. Too often we forget how safe we

are.”

To learn more about Safe Walk, to be walked home or to volunteer, contact safewalk@laurentian.ca, or call LU with the extension 5879.

lambda@laurentian.ca

Laurentian University pipe band continues to play; formed in 2006

BY WILLIE POLL

As every music genre has a history, so do pipe bands.

Pipe bands involve pipers and drummers, otherwise known as bagpipes and drums. The pipe band has a strong military history within Scotland, and pipers had served in the military from as early as the seventeenth century. Today, pipe bands can be heard worldwide and many different people join to learn about the culture or show pride for their culture. In 2006 Laurentian started their very own pipe band. The idea came from a third-year music student at Huntingdon University, David Young, who is now the band manager and drum sergeant.

"I pitched the idea to Dr. Judith Woodsworth, the president of Laurentian at the time, and her associates as a way to make Laurentian a more unique option for students, faculty, and staff members interested in being in the university setting," Young said. "Along with establishing the pipe band, Laurentian University also took interest in creating a tartan using the colours of our university crest. The pipe band was officially launched during the spring convocations in May 2007 and we have been around ever since."

According to Young "the purpose of the band is to provide all members of the Laurentian community as well as citizens of Greater Sudbury with an opportunity to learn how to play bagpipes, drums, or highland dancing."

The Pipe band also incorporates a highland dance

team which was introduced a year after the pipe band. The dance coordinator of the dance team is Angela Theobald, who has been dancing with the team for two years now.

"I used to dance in high school and was really excited

when one of my friends told me of the team here," Theobald said.

Although the pipe band seems to be one of Laurentian's hidden gems, it is highly active within the community.

"On campus, the pipe band has performed annually for

convocations and has played for the alumni ball, student awards night, installation dinners for our president, the reveal of the Laurentian coat of arms, LU night at the Sudbury Wolves games, and the alumni sports hall of fame," Young said. "We're quite active

in the community performing annually for Remembrance Day services, St. Patrick's Day pub tours, and hosting our annual Robbie Burns celebration."

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Observatory and planetarium renovations to be completed

BY KAYLA PERRY

After nearly four months of construction, the renovations on the Laurentian observatory and planetarium are set to be completed at the end of January.

Construction began on the observatory, as well as the Doran Planetarium, in October 2013.

The Doran Planetarium is one of three university planetariums in Canada, accompanied only by

the W. J McCallion Planetarium at McMaster University, and the Lockhard Planetarium at the University of Manitoba: it's also the largest planetarium in Northern Ontario.

While the planetarium and observatory had been scarcely used in the past, due to the lack of an astronomy course at Laurentian, the live astronomy course will return to Laurentian in the spring, to be taught by Director of the Planetarium Paul-

Emilie Legault.

"(The observatory) has been closed for I don't know how many years now, but many years," said Ubi Wichoski, Chair of the Psychics Department at LU. "Now, students will be able to take advantage of the planetarium and the observatory as part of the (astronomy) course."

Renovations in the Planetarium included painting, tiles to replace the old rug, re-upholstered seats, and

updated equipment.

"It's all gone digital now," said Legault in regards to the new planetarium equipment.

When renovations are officially completed, there will be an official ceremony to celebrate the re-opening of both locations.

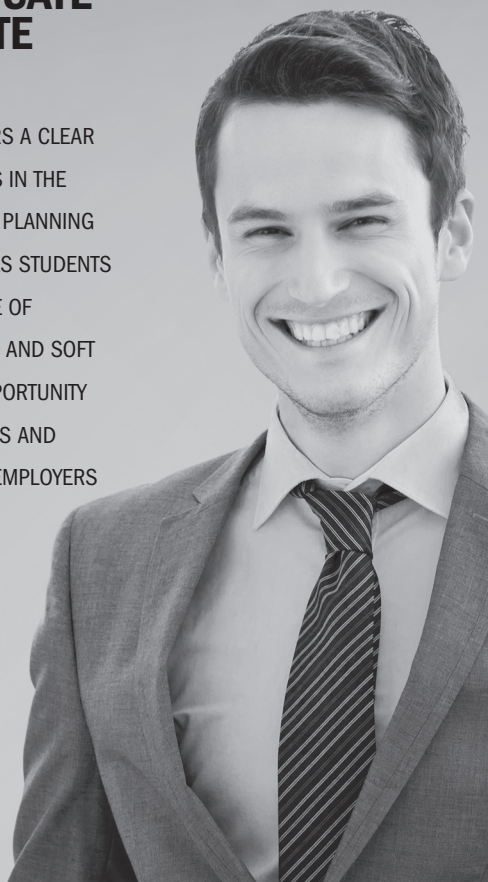
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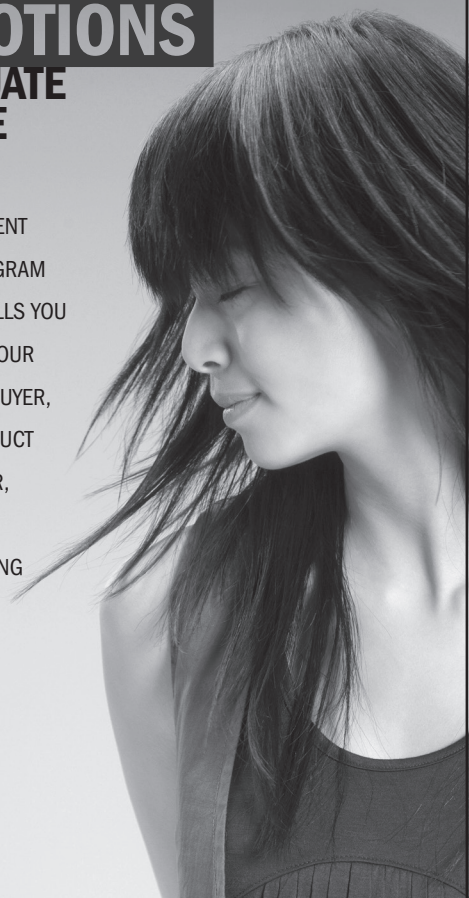
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Isaac Murdoch speaks at U of S

BY WILLIE POLL

For Isaac Murdoch, Indigenous knowledge and culture is not something that is learned through textbooks, but rather through experience and feeling.

For generations stories, wisdom, and life lessons have been passed down, not through written works, but orally. With indigenous degrees being offered at universities it makes it difficult to share the knowledge orally, as many professors teach using textbooks in a regiment classroom setting. The University of Sudbury has always tried to incorporate oral teachings to the students by bringing in elders and

other knowledge keepers to share their wisdom.

One of these people is Isaac Murdoch.

Along with holding valuable knowledge, the professor also "is really interesting to listen to because he gives so much detail and description in his stories you can create a vivid image in your mind as if you were there in the story yourself, plus he adds humor and makes you laugh," according to Michelle Kennedy, an indigenous studies major.

The story involved many lessons about love, marriage, revenge, hope, and overcoming life's challenges,

according to Kennedy. Although the stories may be decades old, they have survived the years, and have been passed down so that the new generations can keep them and learn from them.

"It is important to have traditional oral teachings, like the one Isaac gave," Kennedy said. "It keeps the stories alive. The story that was shared with us holds information of how people have dealt with situations in the past, and the story can be applied to today's life events."

The University of Sudbury attempts to have an elders teaching generally once a month. It involves traditional

knowledge, guest speakers, as well as traditional foods. The teachings are on a variety of topics from holistic health, medicines, happiness, balance, and much more.

"I learned from the story that anger and revenge does not make any person advance in their life," Kennedy said. "Succumbing to anger and revenge can lead you to forget about other important relationships in your life and they will therefore go unmaintained."

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Ontario Online: province launches new online learning platform

HAMILTON (CUP) — The Ontario government will invest \$42 million over three years in 'Ontario Online,' an e-learning platform and consortium set to launch in the 2015-16 academic year.

Brad Duguid, the province's minister of training, colleges and universities, announced the initiative on Jan. 13. The centre would offer centralized online courses for credit, transferable between participating institutions across the province, although universities and colleges are not mandated to sign on.

"Right now we have what I would call a hodge-podge of online learning technology," Duguid said. "Some institutions are global leaders. Others are holding back. I think we want to get to a point where every student in the province has access to this learning technology."

Ontario Online will consist of a course registry, an instruction hub for institutions to share best practices for course development and a support hub to offer assistance to students and instructors.

The centre is the result of various consultations between the ministry and stakeholders over the past several years. The centre will not be a degree-granting institution, which student and faculty groups opposed in roundtable discussions.

"I think this has definitely been refined from the initial proposal," said Alastair Woods, CFS-Ontario chairperson. However, the organization remains skeptical of the ministry's direction on e-learning and mandate to offer students more of a choice between in-class learning and online learning.

"I think it's important to ask who is being presented with that choice," Woods said. "In many cases, if you live in an urban area like downtown Toronto, you do have a choice. But if you live in rural or northern Ontario or you're a francophone or aboriginal student, I actually think this reduces your choices because you still may not be able to leave your community to go to school."

"I think what's more important for students in those communities would be to have more financial support for them to go to a brick-and-mortar school should they choose to do so," he said.

According to the Ontario Undergraduate Student Alliance, which

supported the ministry's announcement, postsecondary institutions in Ontario saw nearly 500,000 online course registrations in 2011.

Ontario Online was developed in tandem with the province's 'differentiation' policy framework, which was redefined in November 2013. The current framework emphasizes minimizing duplication in course offerings across the province and building a globally competitive system.

Duguid said the new online learning centre "isn't driven by cost savings" though it would result in savings for some institutions and potential revenue for others.

"Some students will learn better in an online course, and some students may have other obligations outside of school life that make it necessary to go online," Duguid said.

Woods supported the idea of knowledge-sharing online but said more needs to be done to improve access to postsecondary education.

"What worries me is that there are a lot of changes coming down the sector that the government claims will produce cost savings but are not motivated by cost savings. I don't think that's an entirely genuine statement. I think in the absence of any new funding models, the government is trying to come up with ways to do more with less," he said.

The University of Waterloo, which currently offers more than 240 online courses through its Centre for Extended Learning, allows undergraduate students in five programs to get their degrees entirely online. The university is expected to play a strong role in the new e-learning centre.

Catherine Newell Kelly, director of the

UWaterloo's Centre for Extended Learning, said high-quality online courses would require heavy support for faculty on the development side.

"We bring a whole project team to online course development and work with the instructor to help him or her understand how to teach in the online environment," she said.

"I do not think that online learning will replace classroom learning. I think technology allows us to think about how students best learn and which pieces of a course might be delivered by technology."

Details of how courses would be administered through Ontario Online and whether college and university courses would be cross-listed haven't yet been released. More announcements from the ministry are expected in the coming months.

A Black Belt, Like a University Degree, Must be Earned.



In this day of commercial clubs, McDojos, and honorary black belts, the true worth of the rank of *Shodan* (Black Belt) risks being lost. In an age of "money talks," students sometimes feel that, if they pay their fees and put in the time, they deserve a black belt — they have paid for it. There is something wrong with this line of thought.

While the belt itself can be bought at any martial arts supply store, a rank of any kind cannot be purchased — it must be earned. Students who demand a promotion simply because it's time, because their fee schedule requires it, or because they think they deserve it have missed the purpose of training. Instructors who advance their students in order to collect fees, to retain students, or simply to surround themselves with high ranking followers sadden me.

Very high standards and pure motives must be maintained, or the true nature of training will be lost. In his book *Living the Martial Way*, Forrest E. Morgan (1992) writes:

"We live in a cash-and-carry society. We buy goods and services and once we paid the vendor; we feel no further obligation to him. But martial training is different. It is true we pay fees to support the training hall, but the instructor is not selling a service. He is giving you a part of his life.

Qualified instructors devote many years to mastering their craft. They spend countless hours in training halls, usually following days spent at full-time occupations. They pay for their expertise with sweat, blood, and even broken bones. So how do you think your monthly pittance of dues can pay for his wisdom? It can't. The money you provide doesn't pay for your training — It supports your instructor and the school, making it possible for him to offer you his art." (p. 169)

The same holds true for university studies, don't you think?

Discover the benefits of martial arts training by visiting the Laurentian Karate Club. You can try it out for a few classes and see if you like it. We train on Mondays and Thursdays in the Alphonse Raymond Gym from 7:00 to 8:30. To learn more about karate at Laurentian University email karate@laurentian.ca.

References
Morgan, F.E., (1992). *Living the Martial Way: A manual for the way a modern warrior should think*. Fort Lee, N.J.: Barricade Books Inc.

Common Sense-Eh?

Did you know that:

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The Great Hall is the SHIELD Helicarrier



BY LAMBDA STAFF

Many students have used the Great Hall for a home base throughout the years: to eat, study, socialize or grab a cup of coffee.

Much in the same way, the SHIELD Helicarrier is the home base for all SHIELD agents and is stocked with everything from research facilities to cafeterias.

With the recent announcements from the Laurentian administration of the upcoming renovations to the Great Hall and cafeteria, it seemed fitting to compare the two.

The Helicarrier has been through dozens of revamps in its long history serving the good guys of the Marvel universe, so it is fitting that the Great Hall will soon be updated.

There is something nostalgic about entering the Great Hall in its 1970s glory, as it currently looks. The Helicarrier also comes with its own sense of nostalgia and history when it comes to the aid of heroes in need or civilians.

Perhaps with the updates, the Great Hall will have all the fancy things that the floating-SHIELD base has to offer, though I wouldn't hold my breath expecting an eye-patch touting Nick Fury to be around to answer your war history questions for you.

Illustrations provided by Marvel Comics

The SHIELD Helicarrier has been through many revamps in its decades of existence, and has played in integral role in several storylines within the Marvel universe.



NATIONAL SURVEY OF STUDENT ENGAGEMENT (NSSE)

If you are a first-year or a graduating student in 2013-2014, President Dominic Giroux will be emailing you on GroupWise this February inviting you to participate in the 2014 NSSE.

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Laurentian University
Université Laurentienne

Fashion found on campus: LU student profiles

PHOTOS AND PROFILES BY AMANDA MCBAIN

Zachary Richer

Found @ the Pub
2nd year Earth Science

Style:
Kraken Plugs: Omerica.com
Dinosaur Shirt: Karmaloop.com
Jeans: West 49

"Patterns, generally anything that stands out and has a good look"

Influences:
Kanye West, Karmaloop for inspiration



Daniel Melchior

Found @ Classroom building
2nd year History & Con-Ed

Style:
Sweater: Joe Fresh
Shirt: Marshalls
Jeans: Jack Jones
Boots: Aldo
Jacket: Zara

"Mostly wear black but always have a pop of something. Usually in the jewelry"

Influences:
Mick Jagger, Johnny Depp, Gary Barlow



Kaleb Claus

Found @ The Bookstore
1st year Music

Style:
Jean Jacket: Dad's retro jacket
Shirt: Urban Planet
Jeans: H&M
Boots: Aldo

"Vintage, musician"

Influences:
Macklemore



Lambda recommends...

KAYLA PERRY

STAFF WRITER

CASEY STRANGES

GENERAL MANAGER

KALLIE BERENS

FEATURES WRITER

ED VEILLEUX

ASSISTANT EDITOR

RON GUILLET

EDITOR-IN-CHIEF



Beyoncé - Countdown

This song is a mix of reggae, hip hop and funk (basically all things great), and is all around empowering for females



Benjamin Gibbard - Bigger than Love

The former Death Cab for Cutie stalwart duets with angelic Amiee Mann and makes the wait worth it. And according to Gibbard, the song's roots spring up from the tempestuous relationship between F. Scott and Zelda Fitzgerald.



Talking Heads - This Must Be the Place (Naive Melody)

The Talking Heads are so important to music history. This song is probably the rawest love song ever.



Meek Mill - Who You're Around

This song features a beautiful chorus with hard verses, to please any rap fan.



Mandroid Echostar - Kingdom and the Crown

A unique blend of pop, progressive rock and even a hint of metal. This song lures in the listener from the start with an infectious riff. The vocalist is a deeper Claudio Sanchez (Coheed).



Elton John and Kiki Dee - Don't Go Breaking My Heart

This song is perhaps the happiest song I've ever heard, and always cheers me up if I feel a little down. It's also ridiculously fun to sing to yourself.



Future Bible Heroes - Keep Your Children in a Coma

Lead singer Stephin Meritt nails the melancholic, ironic pose of 80s-era New Wave with an indictment of modern helicopter parents. Of course, most of those parents cut their teeth on his musical antecedents, so they'll let you go, this time.



Francis and the Lights - Darling, It's Alright

This is Peter Gabriel mixed with Elvis Costello mixed with David Bowie.



Shad - Dreams

The Canadian rapper is really coming to his own on his latest album: clever word play and great delivery.



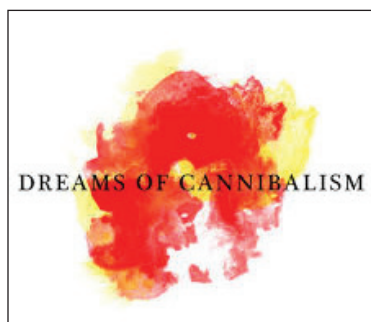
The Dear Hunter - The Love

Equally poignant as it is uplifting. A song about maturing and reaching out to those you love. Clocking in at just over five minutes, this is a memorable one.



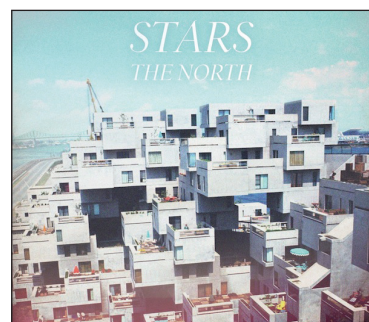
Justin Timberlake - Spaceship Coupe

I love listening to this song when I'm facing the ridiculously cold Sudbury weather - its a song that takes you on a fantasy journey!



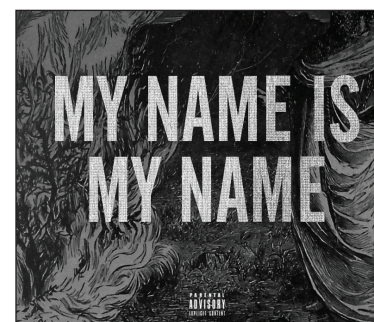
Typhoon - Dreams of Cannibalism

In just over three minutes, Typhoon manages to toss a handful of cryptic, lyrical gems your way- "Soon enough you'll be dancing at my funeral," vocalist Kyle Morton sings. Hopefully, we're around to witness the wake.



Stars - The Theory of Relativity

This is the opener of their 2012 album, The North. Stars is generally a slightly depressing band but this just sets the tone for the whole album... try to obey the speed limit when listening to this one.



Pusha T - 40 Acres

Pusha's debut album is laced with true hip-hop: solid beats and some memorable verses, including a couple here.



Closure in Moscow - Church of the Technochrist

Prog-funk is perhaps the best way to describe this song. It's catchy, unpredictable and blends several musical genres together.

Speakeasy, Peddler’s Pub capture title for Sudbury’s coldest beer

Establishment	Bottle Temperature (C)	Pint Temperature (C)
Doghhouse	2	2
The Townehouse Tavern	-2	0
The Laughing Buddha	2	2
Fromagerie Elgin	5	6
Speakeasy	-3	4
Peddler’s Pub	2	-2
Hardrock 42 Gastropub	5	4

BY KALLIE BERENS
On Wednesday, Jan. 22, staff from the Lambda answered the age-old question of which establishment provides the coldest beer for its patrons, with Speakeasy on Durham Street securing the title for the frostiest bottle at -3 degrees Celsius and Peddler’s Pub on Cedar Street for iciest pint at -4 degrees Celsius. Two test subjects, one in

sciences and one in arts, and one designated driver trekked in the balmy -27 degree weather to seven of the 20 licensed establishments in the downtown core. At each bar or pub visited the test subjects ordered one pint and one bottle of Coors Light, and if not available, a beer with a similar alcohol content. A mercury thermometer,

capable of measuring temperatures to -40 degrees, was submerged in each beer for a length of 60 seconds. After that time the numbers were carefully recorded by the designated driver. The experiment, which took approximately four hours to complete, found that there was a nine degree difference between

the warmest beer and the coldest beer. No establishment had any knowledge of the test until after the beer was served and measured. The seven bars were chosen based on if they had night hours on a Wednesday evening and if their main focus was to provide a casual atmosphere similar to a

pub.
Honourable Mentions:
Best music: Fromagerie Elgin and Peddler’s Pub
Most welcoming atmosphere: Speakeasy
Cheapest: The Townehouse Tavern
Best service: The Laughing Buddha
kallie.berens@gmail.com



Photos by Kallie Berens

Seven local establishments underwent a test to determine, once and for all, which has the coldest beer in Sudbury.

Student groups respond to Ontario tuition grant expansion

HAMILTON (CUP) — The Ontario Liberals announced on Jan. 20 that they are extending the '30 per cent off' tuition grant eligibility to cover about 5,000 more students.

Co-op students in their final year of a five-year program and students in private postsecondary institutions who qualify for the Ontario Student Assistance Program (OSAP) are now also eligible for a 30 per cent off rebate on their tuition.

"For co-op students, while their program lasts five years [instead of four], a good part of that is taken up by work experience. When the 30-off tuition program was originally constituted, this was kind of an anomaly that was determined afterwards," said Brad Duguid, minister of training, colleges and universities.

In spite of the expanded eligibility requirements, provincial student lobbying groups have pointed out perceived

shortcomings of the program.

After the announcement, the Canadian Federation of Students—Ontario released a statement saying they do not support the extension of the grant to students in private career colleges and institutions.

"The issue is that the government is funding private institutions rather than prioritizing public postsecondary education and making it more affordable," said Anna Goldfinch, national executive representative for the CFS-Ontario.

Goldfinch expressed concern over the ministry's oversight of private career colleges, referencing public scrutiny over the ministry's enforcement of the Private Career Colleges Act. In 2009, for instance, the Ontario Ombudsman's office found that the ministry had "inadequate oversight" of Bestech Academy Inc. The owner had falsely advertised the academy as a registered private career college.

The CFS-Ontario maintains that while the expansion of the grant could help 5,000 more students, the funds would be better allocated to institutions' operating grants toward a 30 per cent reduction of tuition over three years.

Duguid said the Ontario government is committed to providing targeted funding to lower-middle income students in the form of financial assistance.

"We want the funding that we're providing to lower-middle income students to go directly to those students, rather than the institutions. That's what's important about the 30 off grant," Duguid said.

Spencer Graham, a member of the Ontario Undergraduate Student Alliance's steering committee, said he was surprised the government would extend the grant eligibility to students in private career colleges, but said OUSA still supports the expansion

of the grant.

"OUSA believes increases to base operating budgets is important and that remains a priority for us. That doesn't mean we're coming out against the increased Ontario tuition grant eligibility, because it does help students. It's not necessarily an either-or," Graham said.

OUSA continues to lobby for expansion of the tuition grant. The grant currently covers students who attend college or university up to four years after they graduate from high school, and those in a five-year co-op program.

"That policy serves as a barrier to a number of students who attend postsecondary education after the four years after high school are up," Graham said.

"Particularly this speaks to students who have dependents and children. We also see that Aboriginal learners tend to wait a number of years before entering postsecondary education. The

grant doesn't cover those two types of students, who face particular barriers," he said.

OUSA's pre-budget submission to the Ontario government also recommends that the grant should offer 35 per cent off tuition, up from 30 per cent.

Currently, eligible students can save \$1,730 in tuition on average for degree programs and \$790 for diploma or certificate programs. The deadline to apply for the grant for the winter semester is March 1, 2014. According to the Ontario government, 230,000 students received the tuition grant last year. About 310,000 were eligible before the expansion of the program.



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Letter to the editor: Critical analysis of LU's mandatory meal plans

BY PAT MARCUCCIO

Meal plans are to become a mandatory purchase for students living in residence by the 2014-2015 school year at Laurentian. Some say that the mandatory meal plans will be a great benefit to the school and its students. I do not share this opinion.

The mandatory meal plan limits students financially. Let's say a student spends \$1500 on food every school year and for whatever reason does not want to buy from any of the school vendors i.e. prefers homemade cooking, has dietary concerns, is concerned about low quality cafeteria food etc. The student will now be forced to spend an extra \$1,720 (the cheapest meal plan available) on food that he/she will not eat. That money could have gone towards other priorities, such as paying off student debt, paying tuition, etc. But now in the result, the money is now lost to the student.

Many students who do not live in residence think that this change will not affect them. In the short run this may be true but theoretically, in the long run, prices for food vendors around campus will increase. The mandatory meal plans will give students who live in residence the monetary incentive to purchase food from

Laurentian's campus vendors. This increase in demand will, in theory, increase the prices for everyone including students who do not live in residence. So the non-resident student who might want to buy food or coffee on campus once in a blue moon would have to pay a higher price than he/she would have had to pay but for the mandatory meal plans.

This change is supposed to raise revenue to fund the renovations to the cafeteria and The Great Hall. I fear this change however may turn off students from applying to Laurentian resulting in a meaningful loss of tuition revenue that would far outweigh the expected increase in revenue from the meal plan.

Subject to the comment of a more enlightened analysis, which I welcome, it appears to me and to many other students that this change limits our freedom without corresponding benefit.



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Harry Potter fans start quidditch league at LU

BY WILLIE POLL

Harry Potter gained mass popularity through its novels and film franchise, even getting its own theme park, so perhaps it shouldn't come as a surprise that a quidditch league came to fruition.

Quidditch, for those who don't know, is a sport invented by J.K. Rowling meant to fit the lore of Harry Potter and its wizardly world.

The game of muggle (Potter term for humans) quidditch includes two teams playing against each other, each with seven people in their starting line-up. There is a neutral player, referred as the golden snitch, who dresses in yellow or gold and has a sock with a tennis ball in it tucked into their waistband. The field has three hoops on both sides and players use volleyballs as the quaffle and dodge balls as the bludgers. There are three chasers per team; they are responsible for passing the quaffle and scoring points by getting it through one of the hoops. There is also a keeper on each team in charge of guarding the hoops as well as two beaters who hit the opposing team's players with bludgers. If a player is hit with a bludger they must drop the quaffle and run back to their goalpost. While Harry Potter fans would probably enjoy flying around on



Photo supplied

Students have assembled their own quidditch league on LU's campus, based on the invented sport in J.K. Rowling's Harry Potter series.

broomsticks, we're unfortunately not quite there yet. For now, players run with broomsticks between their legs. The golden snitch is allowed to run off the field and the seeker must go off to find them. If the golden snitch is caught, that team is awarded 30 points and wins the game. If the seeker is not caught, the team with

the most points wins.

Quidditch, now played throughout the world, has found its way on the Laurentian University campus. In Canada, the first ever team started at McGill University in 2008, and since then many other schools have joined to create the Canadian Quidditch Alliance.

"Believe it or not, the

Laurentian University Quidditch League actually started via a Umentioned Laurentian post," said Courtney Erin, a Laurentian quidditch player. "An anonymous student posted about a game of pick-up quidditch. This is actually where I met Kate, our quidditch expert who is a varsity quidditch player from Kansas.

After another anonymous posting about quidditch on Facebook, it was clear that quidditch would be popular at Laurentian, if only someone took charge and got it started. I messaged Kate Cooley, Klo Achete, and a few others on Facebook about trying to organize a game ourselves. We met once on campus to discuss equipment, rules and how to inform students about the game. That's when I created our Facebook page, 'The Laurentian University Quidditch League.' After a quick trip to Dollarama for some hula hoops and a broom, we were ready to play our first quidditch match."

Although Laurentian University isn't on a competitive scale yet, they would one day like to be. Many schools in Ontario and Canada travel to play other teams and partake in the Quidditch World Cup series. Although the team has only just begun, they would like to expand the sport at Laurentian by building a real quidditch pitch, as well as joining the pro level.

"I met new people from my fandom," Achete said. "But for real, it's an easy way to get fresh air and exercise. You don't have to be an athlete, and really, this is organized by a bunch of Harry Potter nerds. We'll like you either way."

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Puzzle by websudoku.com

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Puzzle by websudoku.com

Voyageurs split weekend games

BY RON GUILLET

The Laurentian Voyageurs seem to be finding their identity as their first-ever season comes to a close.

The Voyageurs currently hold a 7-13-1 record and sit 10th in the standings, three points removed from a playoff spot with three games remaining.

Should the Voyageurs pull off the unlikely and capture a playoff spot, solid goaltending and puck-possession will likely be the reasons. Laurentian has been outshot on many occasions this season but rookie goaltender Laura Deller has thrived under pressure, posting a .922 save percentage and a 7-8 record. Deller has also faced more shots per game (32.1) than any goaltender in the top 10 in save percentage, where she ranks ninth.

The burden isn't always on Deller, though. Laurentian, at times, display strong puck-possession and are capable of controlling the flow of a game.

This was on display on Saturday, Jan. 25, as the Voyageurs took on the York Lions (5-14-2) at home. Laurentian outshot York 12-6 in the first frame and were rewarded with a goal as captain Julie Hebert fired one home at 9:07.

Laurentian took their foot of the pedal in the second period and struggled to generate chances as they only managed three shots on net. Deller only had to face five shots in the period but conceded a late goal as Kiri Langford tied the game.

The third period was a shooting gallery as the Voyageurs bombarded goaltender Megan Lee with 14 shots.

Amanda Pereira finally potted the game-winning goal at 12:12 to secure the 2-1 victory for Laurentian.

"I think we outplayed them for two periods," Colarossi said. "We kind of went stagnant in the second and thought we'd hold on to a one-goal lead, but we had to wrap our heads around the fact that that wasn't going to bring us to the promise land."

On Sunday, Jan. 26, the Voyageurs were up against the UOIT Ridgebacks (12-8-1) at the Gerry McCrory Countryside Sports Complex. Laurentian controlled the game from puck drop as they dominated in shot attempts (shots on goal, missed shots and opponent blocked shots), but it was the Ridgebacks who struck first as defenseman Melissa Berney fired the puck over a screened Deller. Forward Victoria MacKenzie then doubled the lead on a breakaway before forward Samantha Forchielli blasted one high glove on the powerplay to make it 3-0 just 13 minutes into the game.

Forward Jessica Staats injected some life into the Voyageurs in the second period when she received a pass in the slot and fired it five-hole to diminish the Ridgebacks' lead. Deller then had her night end abruptly as she was beaten high blocker. The goal was disallowed due to an interference call, but head coach Stacey Colarossi elected to give Emily Toffoli some time between the pipes. The goaltending change failed to create any momentum, however, as forward Zoe Battie flipped the puck over a sprawled Toffoli late in the period to make it 4-1.

Any hope of the third period comeback was crushed when forward



Photo by Ron Guillet

Rookie goaltender Laura Deller has .922 save percentage on the season and faces 32.1 shots per game, most among top 10 goaltenders.

Sarah Worthington banged home a loose puck on the powerplay to make it 5-1 at 4:47. Pereira made two huge blocked shots in the dying minutes as the Voyageurs pulled their netminder, but the effort didn't materialize in a goal as they fell 5-1 in their final home game of the regular season.

Laurentian managed to edge the Ridgebacks in shot attempts 25-23 at

even-strength, but solid goaltending and timely scoring ultimately pulled UOIT ahead.

"A few unlucky breaks and it ended up in back of the net," Colarossi said of the game. "We had a lot of penalty trouble again, and that's kind of been the story. It's hard to get any flow and get people into the game when you're on the penalty kill all the time."

The Voyageurs have the Laurier Golden Hawks (Feb. 1), the Waterloo Warriors (Feb. 2) and the Nipissing Lakers (Feb. 8) left on the schedule. Waterloo holds the last playoff spot with 18 points, so Laurentian probably has that game circled on the calendar.

ronguillet@gmail.com

Men's basketball team drop double-header in Toronto

BY LAMBDA STAFF

The Laurentian Voyageurs took on the Ryerson Rams and Toronto Varsity Blues in Toronto this past weekend.

The Voyageurs were unable to overcome a slow start, falling to the Rams 81-55.

Heading into the game sitting in fourth in the OUA East Division, the Voyageurs trailed the third-place Rams by only one game. A slow start on Laurentian's end allowed the Rams to take an early lead, going on a nine-point run in the opening minutes of the game. Three and a half minutes into the quarter, Laurentian finally got on the scoreboard, finding their rhythm and picking up their offensive game. At the end of the quarter, the Voyageurs trailed 18-13.

Laurentian continued to chip away at Ryerson's lead, tightening up their defense and making their shots count. Alex Ratte began to heat up for the Voyageurs, scoring a pair of

three pointers to give Laurentian the lead. The Rams countered with offensive powerhouses Kadeem Green and Jahmal Jones, who hit shot after shot to help their team take back the lead. Heading into the halftime break the Rams led 40-33.

Ryerson began the second half of the game with energy, going on an 11-point run to give them a 51-33 lead before Laurentian called a timeout to refocus. The Rams stepped up their defensive game in the second half, ensuring Ratte, who had 15 points in the first half, had no easy looks at the basket. Unable to get any type of offensive game going, the Voyageurs quickly fell behind, down 65-43 at the end of the quarter.

The final quarter was much of the same, as the Voyageurs sat their starters, giving several bench players the opportunity to play minutes against the strong Ryerson team. Laurentian

was unable to overcome the third quarter deficit, trailing the Rams 81-55 when the final buzzer sounded.

Laurentian was back in action Saturday night, taking on the Blues. Toronto came in with only three wins on the season, while Laurentian brought a record of 10-5. Despite having the lead at the end of the first half, the Voyageurs were unable to secure the win, falling 92-99 to the Blues.

Despite being the lower standing team in the OUA East Division, the Blues kept the Voyageurs close within the first quarter. The Blues came out strong for their home crowd, and the first quarter was a defensive battle. Laurentian would win the quarter by a score of 14-12.

The Voyageurs were paced once again by Alex Ratte, who scored 34 points for the Voyageurs. Alex Hill was the leading scorer for

the Blues, scoring 36 points and also grabbing seven boards.

The game was close throughout, with Laurentian holding a slim four-point lead at the half. The Blues played with the Voyageurs though, and were eventually able to force overtime.

In the extra frame, the Blues offense overwhelmed the Voyageurs, scoring 19 points and winning the game by a score of 99-92. Besides the effort from Ratte, the Voyageurs also received strong performances from Tychon Carter-Newman (27 points, 8 rebounds) and Josh Budd (21 points, 13 rebounds and 5 assists). The Voyageurs will be back in action next weekend with a big road trip to division rivals York and Queens, both of whom the team beat in close contests at home.

lambdal@laurentian.ca

SPAD program holds 39th annual hockey tournament at Countryside

BY GABRIEL RODRIGUES

Last week, Laurentian University and the Sports Administration program teamed up, once again, for the 39th annual SPAD hockey tournament, and according to one of the organizers, the event received some “good feedback.”

“It was definitely fun for everyone involved,” said Sean Meyers, third-year SPAD student.

“That’s all you can really ask for from an event like this. The players had a great time, and especially having all the games at one arena this year brought lots of competition and energy to the rink.”

From Jan. 22 to 24, Laurentian and post-secondary students around the region participated in the largest collegiate hockey tournament in northern Ontario held at the home of the Voyageurs’ hockey teams, the Gerry McCrory Countryside Sports Complex.

This year, there was 22 teams with 11 to 16 players competing in the tournament, with an event record 16 teams in mixed and six in the men’s competitive division all bidding to try to win their \$1,000.00 entry fee back.

The event provided a chance to win prizes as well, including a signed Nick Foligno (NHL player) Columbus Blue Jackets jersey. Also, for the first time this year, Meyers and his group members held the



Photo by Gabriel Rodrigues

The Muttsy & The Dusters compete against the Muckers on Wednesday, Jan. 22, in the 39th annual SPAD hockey tournament.

Red Bull Top Shelf shootout competition.

“There was plenty of entertainment,” said Meyers. “We had the largest number of mixed teams in this tournament ever, so it was very competitive in both divisions.”

The tournament is run by third-year students in the events

management class at Laurentian. Meyers, who is also the SPAD president, said planning this event with other students is a way to “gain some valuable experience.”

“This is good for us,” he said. “Some of us will end up planning events like this in the future, so it’s nice to get a feel for all the emotions that comes with it. Also,

working as a team helps because it gets everyone involved, so we can throw around different ideas.”

Matthew Hedge, a third-year SPAD student and one of the event organizers, believes hockey is a sport that “definitely brings Canadians together.”

“Canada already has a rich history in hockey,” said Hedge.

“Many students who participate obviously love hockey and there’s nothing better than bringing everyone together. Plus, this gives a chance for students to get some bragging rights, so they don’t mind some friendly competition.”

Kyle Stasiuk, a fourth-year Sports Education student at Laurentian, lost in the semi-finals with his mixed team, the Iceholics, and said an event like this makes him remember of “all the good times playing this unreal sport.”

“I love playing hockey,” said Stasiuk. “This was the sport I always played and it gives me a sense of joy to come back and play.”

Stasiuk, in his fourth year participating, said the tournament gives him the opportunity to play his favourite sport while enjoying it with all his friends.

“It’s a lot of fun,” he said. “I’ve had the chance to play in both divisions, but the last few years I’ve played mixed because it’s nice to get the boys and girls out to enjoy it. I’m definitely already looking forward to playing again next year.”

For more information regarding the tournament, please visit www.spadhockey.com or contact spadhockey@gmail.com.

Laurentian track team bring home medals

BY LAMBDA STAFF

The Laurentian women’s track team competed at the University of Toronto’s Fred Foot Memorial track meet from Jan. 17 to 19, returning with four medals, 11 personal bests and four OUA qualifying marks.

Rookie Marissa Lobert (Sault Ste Marie) won gold in the 3000m, finishing with a 13 second personal best time of 10:18.91. That time is 22 seconds under the OUA qualifying standard of 10:40.0. Three other Voyageurs beat the qualifying standard in the 3000m, with Samantha Edwards (Toronto) placing 3rd

with a time of 10:25.69, Alyssa Bedard (North Bay) placing fourth in 10:27.96 and Michelle Kennedy (London) placing 5th in 10:36.93. All were personal best times. Lyndsay Greasley (Sudbury) also ran a large personal best, placing seventh in 11:04.36.

Sprinter Ashley Huard (Hanmer) who also has already qualified for the OUA’s, won her first medal as a Laurentian athlete, placing first among university athletes in the 60m and third overall. Her time was 7.87.

Adrienne Wilson (Kitchener), who has already qualified for

the OUA’s, continued her strong season in the metric mile, placing second in the 1500m with a personal best time of 4:39.43. It’s the first time Wilson has dipped below the magic 4:40 barrier. National team steeplechaser, Genevieve Lalonde, placed first in the event.

Athletes from Laurentian, U of T, York, Guelph, Western, Queen’s, Laurier, and a number of track clubs competed in the event.

The Voyageurs’ next competition is the York Open on Feb. 1.



Photo supplied

LU runners Marissa Lobert and Michelle Kennedy run the Fred Foot Memorial track.

Rabey's round-up: City v. Sunderland match may not be one-sided

BY MATT RABEY

On Sunday, Mar. 2, Manchester City and Sunderland AFC will go head-to-head at Wembley to decide who lifts this year's League Cup.

While it may seem clear that the final is not worth watching, as it seems obvious that Manchester City will run rampant, this is not the case.

To take a quick glance at the two teams one would immediately notice that in the Premier League they sit at opposite ends of the table.

Fact of the matter is that Sunderland sits where they do in the Premier League table for a reason.

They have had a catastrophic start to the season, with Paolo Di Canio's rain of terror leaving Sunderland almost hopelessly stranded.

After Guy Poyet's appointment, however, Sunderland has slowly turned their league form around.

While their league form still has much to be desired there is one area where Sunderland has been shining, the League Cup and as the German expression goes "the cup has its own rules."

Sunderland has been playing a very



stubborn defensive type of football that has seen them beat top opposition in the form of Chelsea and arguably Manchester United.

In all three of these matches (1 against Chelsea and both legs against United) The Black Cats were outshot.

Even more astonishing than that was that Sunderland's first shot on target against United came in the 119th minute, Bardsley's goal.

These three matches, all won in the same fashion suggest that against a high scoring City, Sunderland have to outlast them, not out play them.

Goals for Sunderland have tended to come late after they have frustrated their opposition and while for some maybe not as entertaining as a goal fest, spectators should watch to see if The Black Cats can wither the storm City is

sure to bring.

The location of the game should also be taken into consideration as it will be at Wembley Stadium.

When examining the statistics, Manchester City is a significantly better side at home. Sunderland, however, have been better on the road, yet most interestingly one of their sole home wins this season has come against Manchester City in the Premier League.

All of this aside, domestic cups have provided the chance for the little guy to become a "giant killer," something that has happened a few times in recent years.

Birmingham's triumph over Arsenal in 2011 and more importantly, Wigan's triumph against Manchester City last year.

Both Wigan and Birmingham were poor in the Premier League (both were relegated that same year), yet they were able to claim glory in the form of a domestic cup.

It won't be comforting to know both of these teams were relegated as Sunderland are in a similar position, but they can take hope from this knowing that they can claim glory for themselves and cause the upset, something that is always worth watching.
lambda@laurentian.ca

Column: Why Ronaldo deserves Ballon D'or



BY GABRIEL RODRIGUES

Every year, there's always a little controversy surrounding the award given to FIFA's Ballon D'or winner for the best soccer player in the world, and this year was no different with Real Madrid CF forward and Portuguese star Cristiano Ronaldo taking home the honours.

Ronaldo was awarded the Ballon D'or on Jan. 13 for second time in his career (with the first coming in 2008 when he played for Manchester United FC), overcoming his rival previous four time winner from 2009 to 2012, Argentinean and Barcelona FC striker Lionel Messi, and French winger and Bayern Munich FC

player, Franck Ribery.

Yet, some people, including Ronaldo's peers, are still wondering how the 29-year-old received the Ballon D'or, which includes comments from Ribery saying, "I won everything I could win with Bayern and individually. Ronaldo on the other hand did not win anything."

But, the Ballon D'or winner does not go to the best team, but the best player in the world, as it says on FIFA's official website: "... award given annually to the player who is considered to have performed the best in the previous year."

Although Bayern Munich is arguably the best team of 2013, as the German team took home the Bundesliga, German Cup and a Champions League triumph awarded to the best European team, Ribery was just a contributor to his team's success and not the only reason they were there in the first place.

And yes, Ribery is right that Ronaldo did not win a single team

championship; however, his Ballon D'or win shouldn't come to any surprise, as Ronaldo proved his worth and talent in 2013 for not only his club team (Real Madrid), but at the international level as well for his country Portugal.

Ronaldo tallied 69 goals in 60 games in all competitions during 2013, which included a performance for the ages when Portugal defeated Sweden in a two game qualification playoff in November to determine their place in the 2014 FIFA World Cup.

Ronaldo scored 10 goals for his country in 2013 with four of them coming in the two qualification legs, including a second half hat-trick in the last game in Stockholm, Sweden, solidifying Portugal's place in the World Cup.

Also, this performance came weeks after FIFA President Sepp Blatter described four-time Ballon D'or winner Messi as a "good boy" before going on to say, with an apparent reference to Ronaldo, that "one has more expenses for the hairdresser than the other."

Those comments shouldn't have come to any surprise, as the debate between Ronaldo or Messi is always under harsh criticism.

It all started when Ronaldo transferred from the English Premier League (Manchester United) to La Liga (Real Madrid) in 2009, where he would develop a bitter rivalry with Messi and his team Barcelona.

And, ever since Ronaldo transferred to the Spanish league, it seems that Messi has had the better hand, with four straight Ballon D'or wins, couple of La Liga titles and even two Champions League victories.

But, 2013 wasn't kind to Messi, as the Argentine was struck with a wrath of injuries throughout the year, including an eight week hamstring injury that kept the striker out for the rest of the year, which led him to score only 45 goals in 46 games during his campaign.

This was probably why it led FIFA voters to give Ronaldo 27.99 per cent of the votes compared

to Messi's 24.72 because he was nowhere to be seen for the last few months of 2013.

Whichever way we may look at it, Ronaldo is the Ballon D'or winner for 2013 because he had the best individual season performances for his club team and especially for his country.

Now, as fans, we can only wait for the summer and see which player, whether it be Ronaldo, Messi or Ribery, can lead their country to victory at the 2014 FIFA World Cup in Brazil.

Enjoy the drama.
lambda@laurentian.ca

Voyageurs lose six straight

BY RON GUILLET

The Laurentian Voyageurs played four consecutive home games in the last two weeks, but were unable to pick up any points in the standings.

The Voyageurs find themselves two points removed from the eighth and final playoff spot, held by the Nipissing Lakers, who have a game in hand.

On Friday, Jan. 17, the Voyageurs took on the UQTR Patriotes at the Gerry McCrory Countryside Sports Complex. UQTR (18-4-0) currently have the best winning percentage in the Ontario University Athletics and sit one point behind McGill, with two games in hand, as the top-ranked team in the East. So the Voyageurs' task was not a simple one, especially considering the Patriotes were riding a seven-game win streak entering the match.

Laurentian, though, could not have drawn up a better start to the game.

The Voyageurs limited the Patriotes' offensive zone time by forcing them to dump and chase before Dylan Fitze backhanded the puck over Marc-Antoine Gelinas' glove to put the home team up 1-0. But the Patriotes would reply with a shorthanded goal as Pierre-Olivier Morin came in on a breakaway and went high glove on Alain Valiquette. The Patriotes finished the first period with only a slight 12-11 edge in shot attempts (shots on goal, missed shots and opponent blocks at even-strength).

In the second, the Patriotes tightened their grip in puck possession, leading 21-10 in shot attempts, and were rewarded as Billy Lacasse made it 2-1. Nick Esposto replied for the Voyageurs moments later as he hammered home a powerplay marker from the right faceoff circle. Then it was Valiquette's turn as the Patriotes began to double their lead in shots but couldn't beat the former Sudbury Wolves goaltender, whose best save came when he dove across the crease to snatch the puck from Guillaume Asselin.

The Voyageurs picked up the pace in the third period and limited their time in the defensive zone. It paid off in the form of a go-ahead goal from Fitze, who scored his second

of the game, at 10:47. The lead was short-lived, however, as Asselin got some redemption when he blasted the puck over a sprawled Valiquette. The Patriotes then delivered the death knell when Tommy Tremblay shot the puck through a screen and gave his team the 4-3 victory.

"We're playing against a nationally competitive team and we competed and had opportunities, but they just seemed to be more opportunistic," Head coach Craig Duncanson said of the game. "We're going to have to learn to be that way."

Duncanson said Valiquette's hard work with the Voyageurs (he faces an average of 36.2 shots per game) may help him attain new heights in the future.

"Valiquette is as good as they get," Duncanson said. "Two years ago he was within a breath of playing in the National Hockey League so we're very fortunate to have him. He's focused, he's doing well in school, and we're excited. He keeps performing like that and working like he is, with a good state of mind, we may have him work back toward the NHL with a degree in his pocket someday."

On Saturday, Jan. 18, the Ottawa Gee-Gees were up next on the schedule. Ottawa (13-9-1) sit fifth in the East and boast an offense that has scored 80 goals—12 more than the sixth place Concordia Stingers, who have played two more games.

Laurentian opened the scoring once again as captain Vincent Llorca scored his fourth of the season at 15:39 in the first period. The Gee-Gees doubled the Voyageurs in shot attempts 12-6 but Valiquette stood tall once again.

Ottawa would eventually find the twine, however, when Matthieu Tanguay-Therriault tied the game 29 seconds in the second as he unloaded a blast from the right faceoff circle that beat Valiquette blocker side. Laurentian then got another go-ahead goal as Joel Senecal converted on a two-on-one break, but the lead evaporated once again when Taylor Collins scored on a breakaway. Valiquette was again sensational between the pipes as Ottawa lead 21-10 in shot attempts in



Photo by Ron Guillet

Valiquette gets in position to make a save against the UQTR Patriotes on Friday, Jan. 17.

the middle frame.

Valiquette, however, who made 33 saves in the game, had a rare mishap in the third period when he went to play the puck in the final minute but had it taken from him and shot across the goal line by Tanguay-Therriault. Laurentian lost the game 3-2.

On Friday, Jan. 24, the Voyageurs played the top team in the East, the McGill Redmen (18-5-1). McGill showed why they're the fifth-ranked team in the CIS by pumping three goals in a span of four minutes and seven seconds. The Voyageurs, however, displayed resiliency as they outshot McGill 11-10 in the period and were rewarded with a goal as Joel Senecal buried one on the power play.

The Voyageurs were caught flat-footed once again to start the second period and Max Le Sier took advantage by extending the Redmen's lead just 32 seconds in. Mathew Davis then picked up his first goal of the season not two minutes later as he blasted one from the hash-marks. Marc-Alain Begin then brought the Voyageurs within one when he buried a rebound, but McGill replied with a goal under a minute later to restore the two-goal lead.

Carl Gelinas completed his hat-trick in the third period when he sniped the puck high glove to make it 6-3. Laurentian rallied back with two goals in the period but ultimately dropped the game 6-5 despite the

effort.

On Saturday, Jan. 25, the Stingers were up next at Countryside. Fitze scored his team-leading 11th goal just six seconds into the game to give Laurentian the early lead.

Concordia grabbed the lead in the second period but Laurentian replied with a power play marker by Jordan Carrol. The game derailed for the Voyageurs after that, with the Stingers scoring three-straight on Valiquette and depositing the empty-netter to take the game 6-2. They outshot the Voyageurs 38-33 in the game.

The Voyageurs are now 5-18 with four games remaining on the schedule. ranguillet@gmail.com

Women's b-ball team split road games

BY LAMBDA STAFF

Laurentian women's basketball team took on the Ryerson Rams and Toronto Varsity Blues this past weekend in Toronto.

The Voyageurs were in desperate need of a win, and after two strong performances in their losses this past weekend, were hoping for a change of fate against the Rams. Despite a slower second and third quarter, the Voyageurs were able to start and finish the game with the

edge, and took the game from the home team, beating the Rams 65-54.

Laurentian continued their Toronto road trip on Saturday night, falling to the University of Toronto by a score of 77-45. The team was coming off a big win over the Ryerson Rams but could not carry the momentum into the game.

Both teams set out with a focus on defense in the first as the Blues were able to win the quarter 16-9. However, the difference in the game was

the second quarter. UofT came out on fire, scoring 28 points in the quarter and were led by Jill Stratton, who led all scorers with 19 points. From the second quarter on, the Blues coasted to the finish and made sure they held onto the big lead. Devenae Bryce once again paced the Voyageurs, scoring 13 points. L?Ashante Henry also continued her strong freshman season for the Voyageurs, playing 30 minutes and grabbing 10 rebounds.

Despite the loss, Laurentian got a win on the road trip to go 1-1 for the weekend. They are right in the thick of the race for the playoffs, and as the season winds down the team continues to improve and will have a chance at the playoffs. Next up the team travels to York and Queen's for a big road trip against two teams they competed with at home.

Dropping the ball on New Year's resolutions

NEW WESTMINSTER (CUP) — You're at a party. The whole room has erupted in a festive countdown, everyone chanting in unison. Maybe your midnight kiss is on standby next to you or maybe the only mouth you plan on kissing is on your next beer bottle. As the final seconds of the past year dwindle away, you find yourself looking back on the previous 365 days, inevitably zeroing in on where you went right or wrong. Will the next year be any different? Might this finally be your year when you make nothing but good decisions and finally nix those self-destructive habits?

The defeatist (though realistic) answer is probably not. Predictably — and yet, to some, surprisingly — the chances of you keeping that New Year's resolution hovers around the eight per cent mark. Out of every 100 people who wish they could make more friends, get a raise and fit into smaller clothes, only eight of them are likely to succeed. In spite of this depressing wasteland of failure, making a resolution is almost expected of people. So where did these annual goals come from? How did they become a fixture in our goal-orientated mentality? And why is it that despite all the good intentions and resources available, most resolutions go unresolved?

If you think New Year's resolutions are only for characters in cheesy romantic comedies, you might want to reconsider. Only 38 per cent of the population say they "absolutely never" make resolutions, meaning 62 per cent of them do at least occasionally. However, the daunting failure rate has likely caused people to begin to wane on making said resolutions, as a 2013 poll from CBS showed a 10 per cent drop in people who made resolutions from two years prior.

As for where the act of making a New Year's resolution comes from, the tradition can be traced all the way back to Babylonian times. Every March, people would set goals for themselves with the intention of doing good for the overall community. However, the tradition was shifted to January by the Romans and it became more similar to the self-focused resolutions of modern day. Obviously there is no data available for how well previous generations fared in their New Year's goals, but I'm going to make the assumption that for as long as people have been

making resolutions, people have been putting in a mediocre effort and abandoning them a few weeks later.

So why is it that after all these years, people still find themselves mentally mapping out their personal improvements for the coming year? You could easily disregard it as a novelty tradition, but there's more to New Year's resolutions than just empty promises. According to Dr. John Duffy, a clinical psychologist and life coach, "Most of us have a natural bent toward self-improvement." An added bonus is that, by setting a specific starting point (such as Jan. 1), it "gives us time and a goal date to prepare for the change, to fire up for the shifts we plan to make." It's a natural thing for humans to want to improve themselves and a shifting calendar year provides the perfect opportunity.

Another reason why people make New Year's resolutions is, much like the habits they're trying to break, they're simply used to making them. About 45 per cent of people "usually" make resolutions, and because humans can be so habitual, a person might not even stop to consider why they're making resolutions in the first place.

So now that we know where New Year's resolutions come from and why people make them, it's time to answer the burning question — are they effective?

The unfortunate reality here is that by the time of this article's publishing — a few weeks into 2014 — a significant percentage of resolution makers will have already broken their own self-made goals. Only 75 per cent of people make it past the first week, which plummets to 64 per cent after the first month. At the halfway point in the year, only 46 per cent of people have stuck with their resolutions. If you're looking for simple pass/fail percentages, only eight per cent say they successfully keep their resolutions while 49 per cent have "infrequent success." Even if you're not a math person, it's easy to see the numbers aren't in your favour.

While it's disappointing to hear, there's an actual scientific reason why we're unable to stick with our resolutions. The area of our brain that's responsible for our willpower, the prefrontal cortex, is also in charge of things like short-term memory and staying focused. Because an enormous amount of

willpower is needed to maintain your resolutions, it ends up overloading your prefrontal cortex. This is why longevity becomes a problem if your resolution is long-term orientated.

With all of the statistics and biology working against you, it might be easy to simply forgo making New Year's resolutions from now on. I personally wouldn't go so far as to say resolutions are pointless (okay, they largely are) but the intentions behind them are well-meaning, and that's a good starting point. Instead of setting goals for the new year, you need to focus on building habits. They're harder than goals because they take more time to develop, but they last longer. Ask anyone who's a regular smoker; once you start a habit, it's hard to stop.


Now, I know what you're

thinking. "Developing healthy habits sounds like a lot of work. Isn't there a faster, easier way to make my resolutions come true?" Through hours of research and personal experience, I've come to believe that since resolutions are hard to accomplish, you should simply make resolutions that are the exact opposite of what you want to have happen. For example, let's say someone tells me that their resolution is to be more involved with the student newspaper. After my initial "Awww!" moment, I would likely tell them to tweak the resolution slightly: "Your resolution should be to distance yourself as far as possible from the newspaper and avoid contributing. That way, through the power of reverse psychology, your resolution will fail and you will undoubtedly become a prominent figure in the Other Press

community."

So there you have it. You know where New Year's resolutions came from, how commonly they fail, why you fail and my very own signature Quick Fix to New Year's Resolutions. What it all comes down to, though, is how you want to approach the next year. Yes, 2014 could be the best year of your life where all of your wishes come true. Or it could be just as shitty as the last year. It's entirely in your own hands to make it happen.


Oh, and in case you're wondering: I did indeed make a New Year's resolution for myself. My goal is to not go parasailing for a whole year. I've never parasailed in my life. Wish me luck.



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